

Grade 7/8 CTF Options - 2024/25

<p>Foods Learn about the basics of cooking and baking in the Foods lab.</p>	<p>Wood We are leaving hand tools behind and learning how to use simple woodworking machines! Scroll saw, bandsaw, drill press, sanders, and lathe.</p>	<p>Metal An introduction to metal as a building material. Hand tools, blacksmithing, sheet metal, foundry, and welding</p>	<p>International Foods Study the origin of international foods. Make and taste international foods.</p>
<p>Coding Revamped for this year! Learn how to talk to a computer through basic coding.</p>	<p>Photography Learn the basics of photography.</p>	<p>Drawing Build the skills and techniques you need to become a great drawer.</p>	<p>3D Printing Through hands-on activities, students will develop skills in STEAM design thinking, problem-solving, and engineering. This course aims to inspire creativity as students will learn to design and create projects using 3D modeling software and bring their ideas to life with a 3D printer.</p>
<p>Ceramics Learn how to work with and process clay to create ceramic artwork.</p>	<p>Health is Wealth Be the best version of your teenage self! A variety of activities will be offered that focus on building overall health & well-being in a fun, engaging, trusting environment.</p>	<p>Community Experience the benefits and responsibilities of volunteering & contributing to the Carstairs community.</p>	<p>Mixed Materials Art Learn to combine different materials to create dynamic works of art.</p>
<p>Triathlon Swim, bike, run, repeat! If this sounds like fun to you + you have your own bike that can come to school + you are looking to improve your fitness, then choose this option!</p>	<p>Painting Create wonderful artwork by learning the basic techniques of watercolor and acrylic painting.</p>	<p>Cosmetology Revamped for this year! Study hair care, manicures, and the different career opportunities offered in this field.</p>	<p>Drama A basic introduction to the dramatic concepts of theatrical discipline, character development, and performance.</p>
<p>Group Project Art Work with other students to build meaningful artwork as a team!</p>	<p>Sculpture Develop an understanding of the 3D form using various art projects..</p>	<p>Spring Sports Learn and play a variety of outdoor sports such as slow pitch, frisbee, lawn games, and more!</p>	<p>Fall Sports Learn and play a variety of outdoor sports such as flag football, slow pitch, volleyball, soccer, and more!</p>
<p>Stop Motion Animation Understand the basics of stop motion animation and learn to build storyboards for the movies. Students will use different materials such as paper and clay to make their movies come alive!</p>	<p>STEAM Using the design model, you will choose and develop your own projects that incorporate Science, Technology, Engineering, Art, and/or Mathematics.</p>	<p>Yarn and Thread Learn the basic skills used to create various yarn and thread projects, such as knitting, embroidery, crochet, and more!</p>	<p>Leadership Build the culture of HSS by planning a variety of activities all while enhancing your leadership skills!</p>

<p>Entrepreneurship A dynamic middle school course designed to ignite your entrepreneurial spirit! In this hands-on class, you will embark on an exciting journey to create your own business from scratch. Over the quarter, you will brainstorm innovative ideas, develop a business plan, create and market products, and ultimately sell them at the HSS Entrepreneurship Market!</p>	<p>Careers in Social Media Are you passionate about social media and interested in it as a potential career? Careers in Social Media might be the course for you! Although being an influencer may sound ideal, there are ways to make a career in social media without being an influencer. In this course, you will look at brands and how they market their products and the science behind algorithms with social media. Please note, you do not need to have social media to take this course.</p>	<p>Robotics Engage in planning, computational thinking, and collaborative problem solving through both unplugged and online activities. Students will explore basic coding in a variety of platforms and begin to code robots to accomplish simple tasks or challenges.</p>	<p>Band 7/8 You will continue to build upon your skills on your instrument. Students are looking forward to performances throughout the year, as well as some fun trips, including our overnight Band Camp trip to Camp Caroline and our Calgary trip to Mount Royal University. Please see Mr. G for more information!</p>
<p>Stress Management Explore a variety of ways to reduce/manage stress & anxiety, and improve your overall mental & physical health.</p>	<p>Outdoor Education Learn skills related to outdoor survival and camping/outdoor cooking.</p>	<p>How to Unplug Grade 7/8 can be stressful! <i>Mindful movement</i> will give students a time in which they can take a step back from their busy days, relax, and reflect.</p>	<p>Hockey Take part in the HSS Hockey Academy! Students will do on-ice and dryland training. Open to all students, regardless of skill level.</p>
<p>Not So Board Games Do you want the original "gaming" experience? Do you enjoy dominating your opponent with your skills in strategizing? If so, then you are in the right place. In this course, we will play board games such as chess, cribbage, Monopoly, Stock Ticker, and more!</p>	<p>Film Studies Students will watch and discuss movies from various genres and time periods to learn about filmmaking. They will work together on projects and create their own short films.</p>	<p>Design Calling all creative minds! This is your chance to unleash your imagination and become a designer. Whether you are interested in architecture, landscaping, or interior design, this class will allow you to explore design concepts and complete projects.</p>	<p>Forensics Students conduct investigations about solving a crime scene. They implement scientific methods and make informed decisions using critical thinking and scientific problem solving. You will use evidence collected from fingerprint analysis, impressions chromatography and ink analysis, and trace evidence.</p>
<p>Dance Take part in the HSS Dance Academy! The focus will be on dance skills and nutrition. Open to all students, regardless of skill level.</p>			